



CARPAL TUNNEL

Maternity Care Midwives

WRIST BRACES/SPLINT

- Maintains the wrist in a neutral position
- Wear nightly. Consider full-time splinting as needed.
- Change the metal stay to make wrist angle flat as needed.

HEAT/COLD THERAPY

- Apply heat over forearms for 10min/day to relax muscles and improve circulation. Most beneficial before stretches.
- Apply ice packs to your wrists for 15-20 minutes to reduce swelling and pain.

CUPPING

- Cupping therapy may be provided by a chiropractor, massage therapist, or other trained provider.
- Basic equipment can also be purchased online and therapies done at home.

ACUPUNCTURE

- A short course of acupuncture (6 sessions) improve symptoms by 60-75% of people.
- Regular follow-ups help maintain progress.

ULTRASOUND

- Ultrasound therapies can be provided by a physiotherapist or chiropractor.
- The effectiveness of ultrasound varies according to research. The evidence from trials are low-grade.





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YOGA

Table 1.—Yoga Postures Used for Carpal Tunnel Syndrome*

- 1. Sitting with extension of the trunk (dandasana).**—Sit on a chair with the trunk upright. Press hands into the seat. Press shoulder blades into the back. Move shoulders back and down.
- 2. Hands in prayer position (namaste).**—Press palms and fingers of each hand together, with fingers away from their position of ulnar deviation. Release and repeat, pressing palms together with fingers spread as widely as possible. Repeat by pressing metacarpals of each finger. Pull fingers back into hyperextension, increasing distance between fingers of each hand.
- 3. Arms extended overhead (urdhva hastasana).**—Stretch arms and fingers forward and up, with hands facing vertically. Open palms, keep fingers together and lock the elbows. Lift sides of the body. Keep arms straight.
- 4. Arms extended overhead with fingers interlocked (parvatasana).**—Interlock fingers with the right thumb base over the left, with the base of the fingers in contact. Turn palms out and stretch arms forward and up. Lock elbows and keep arms straight. Raise trunk by lifting the arms and pull arms further back. Lower arms. Repeat with left thumb over the right.
- 5. Arms interlocked in front of the body (garudasana).**—Bend elbows, crossing arms in front of the chest with the forearms stretching up and thumbs facing the head. Cross left elbow over the right. Move right hand toward the head and the left hand away; cross hands and place fingers of the right hand on left palm. Stand and raise elbows to shoulder level and bend them. Stretch hands and fingers. Release arms and stand straight.
- 6. Chair twists (bharadvajasana).**—Sit sideways on a chair, with right hip and thigh against the back of chair. Stretch the trunk up and pull shoulders back. Keep knees and feet together, turn toward the back of chair. Place hands on back of chair. Pull left hand to bring left side toward back of chair and push with right hand to turn right side away. Turn body then the head to look over right shoulder.
- 7. Standing, mountain pose (tadasana).**—Stand straight in bare feet, facing forward, feet together, toes and heels in line, with big toes and centers of the inner ankles touching. Balance weight evenly on inner and outer edges of both feet and heels and soles. Lift knee caps into the joints. Raise upper chest and collarbones.
- 8. 90-Degree forward bend to wall (half uttanasana).**—Stand with feet 1 foot apart. Stretch the arms over head. Bend from the hips, extending entire body toward the wall, hands touching the wall. Stretch forward.
- 9. Arms extended overhead with palms together in prayer position (virabhadrasana 1, arms only).**—Stand in tadasana. Stretch arms to sides at shoulder level keeping fingers together. Turn arms circularly in their sockets, palms facing the ceiling. Keeping arms straight, extend them over the head until they are parallel. While moving arms upward, stretch the sides of chest and armpits. Take arms back, and bring them closer together; join palms, with the fingers stretching upward. Lock elbows.
- 10. Dog pose with chair, with special emphasis on hand placement (urdhva mukha svanasana).**—Stand, feet hip width apart, facing the seat of a chair. Bend, placing palms on the seat, shoulder width apart. Straighten arms and lift waist, hips, and knees a few inches above chair. Turn arms out and curve trunk back between them. Bring coccyx, sacrum, and lumbar spine forward, keeping buttocks tight. Stretch front of the body from the pubis. Raise sternum and ribs. Hold shoulders back. Press shoulder blades and dorsal spine in.
- 11. Hands joined in prayer position behind the back (namaste).**—Stand in tadasana. Join palms behind the back, fingers pointing down and in line. Turn hands toward the trunk and then up. Raise them as high as possible between the shoulder blades. Join heels of the hands and press little fingers into the dorsal spine. Stretch fingers up. Turn upper arms outward and press shoulders back and down.
- 12. Relaxation.**—Lie flat on the back. Keep arms slightly away from thighs, palms up, heels together, and toes apart. Close eyes. Breathe deeply. Concentrate on soft, slow exhalation. Relax lower jaw, tongue, and pupils of the eyes. Relax completely and exhale slowly. Remain in pose for 10 to 15 minutes.

*Hold positions 1 through 11 for 30 seconds and breathe through the nose. Do not tense the throat and keep the shoulders away from the ears. Repeat each position. The Iyengar system of hatha yoga emphasizes structural alignment. These postures are described in abbreviated form. A detailed description of the yoga intervention is available on request from the author.

Garfinkel MS, Singhal A, Katz WA, Allan DA, Reshetar R, Schumacher HR Jr. Yoga-based intervention for carpal tunnel syndrome: a randomized trial. *JAMA*. 1998;280(18):1601-1603. doi:10.1001/jama.280.18.1601



CARPAL TUNNEL

STRETCHES

PECTORALIS MINOR PIN AND STRETCH WITH BALL Reps: 5, Hold: 10sec, Frequency: 2x/day

- Place a ball in front of your chest right below the collarbone at the insertion point of the pectoralis minor muscle.
- Pin the ball in place against a wall.
- From this position, pull your chest downward with your opposite hand toward your hip like a seatbelt.
- Hold the position.



SCAPULAR SETTING Reps: 5, Hold: 5sec, Frequency: 5x/day

- Clasp your hands in front of you.
- Squeeze your shoulder blades back and down towards your spine.
- Hold for the position..



MEDIAN NERVE MOBILIZATION Reps:10, Hold: 5sec, Frequency: 2-3x/day

- Stand up comfortably.
- Start with your hand at chest level and look at your hand.
- Move the arm out, keeping the hand aligned with your forearm.
- Extend the wrist and fingers back as you move the arm.
- Turn your head in the same direction as you move your arm to follow your hand with your eyes.
- Do not execute the exercise too fast; the symptoms can arise quickly.
- Stop the movement at the edge of where your symptoms are reproduced.

